

# SERENITY

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## NEW HORIZONS

A lecture given at Serenity Spiritualist Church on January 6, 1974  
through the Mediumship of Richard P. Goodwin

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## NEW HORIZONS

A lecture given at Serenity Spiritualist Church on January 6, 1974  
through the Mediumship of Richard P. Goodwin

This morning's topic entitled "New Horizons" encompasses much more than a so-called New Year resolution. New horizons, my friends, is something that is taking place with us each day, every day, for we are constantly in a process of accepting new thoughts and ideas and removing the ones that we find no longer have value for us. In this understanding there has been much discussion on the value and the importance of our own mind, our thoughts, for they are indeed the universe that we ourselves experience.

We all in this world are seeking something. That something to us means our success, whatever the endeavor may be. We understand that success is ever in proportion to our expression of the soul faculty of duty, gratitude and tolerance. If we look throughout our lives, we will see that we express what is known as tolerance in varying degree. It is indeed, perhaps to some, a wonder and an amazement of how much tolerance people are able to express when they have a desire of attaining something, but that is ever the revelation of the Divine natural law of creation. Man's desire, then, is in proportion with his expression of tolerance. And so we find whatever we truly desire in life we have all of the tolerance necessary for its attainment, depending, of course, upon the extent or degree of our own desire for any particular thing. There is no man here or hereafter that is what could be called a complete failure. We are successful in something and it is the very nature of form to constantly change, to progress, to refine itself.

Many of us, perhaps, are not aware that this is not our first conscious awareness, this physical realm called earth, and indeed it will not be our last. We have come here on different grades of evolution, our spirit being one and the same; our soul varying, of course, in its quantity or its expansion. What is it that man seeks in life itself that has any lasting value? What is it, the question may rise in the mind, that we really do take with us when we leave this physical dimension? My friends, all of the thoughts that you entertain, all of your emotion and all of your attitudes are what go with us into these other dimensions. For that that is known as death is only a change, a returning of the physical form to the physical elements of which it has been composed but the

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mind that brought it into being goes on with us.

So, let us look as we face this new year. This day let us ask ourselves honestly the question, "*What has true value to my life?*" And if we will, in retrospect, look for a moment backwards to those days that have gone, we can but very quickly see the values of yesterday are no longer the values that we hold today. Is there anything that we thought of value a year ago or even ten that has consistently remained with us, that is serving a purpose to help us to have peace of mind, to have the joy and wonder of living itself?

There are few in this world today that are prepared to make the eternal journey, the inevitable journey that we are all going to make and because we may be young or old matters not, for that day, my friends, is coming. It is guaranteed for all of us and there is none of us that knows the exact moment that that so-called "spirit of death" will visit and knock at our door. Does a man with common sense give it some thought? Surely we must at least consider a journey that we are all destined to make because if we do not give it some consideration, you may be rest assured, my friends, we will not in any way be prepared for it. Many people have many different views of what it is going to be like when they leave this earth realm but they don't really give it a sensible, a logical, study and investigation.

If it is true and from these 30 some years of communicating with these dimensions it is true to me, that we do take it with us — then let us find out today what it is that we truly have. If it is true and it is true, I assure you, that we take our emotions, our feelings and our attitudes with us; that those are the realms, the dimensions in which we shall live and express ourselves — then let us weigh within our minds what attitudes we have, what things we are mentally, emotionally, attached to because that is where we are going to find ourselves, friends, and there will be no dense, gross physical body to blind our view. We are living in those dimensions this moment but most of us see them not because our minds are so attached to physical substance.

In these worlds known as worlds of spirit and many dimensions there are, our thought becomes the most important asset that we have, for things in those dimensions are created from the substance of mind-stuff. If we are not able to keep our mind for some period of time on one thing, then we will not be able to create the better things in those so-called other dimensions. The same principle is operating this moment, today. The experiences that we encounter we are so prone to blame another. Because God's manifestation is variety, we have a

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**THE PENETRALIA;**  
**Being Harmonial Answers to Important Questions**

by Andrew Jackson Davis

**PREFACE**

From time to time, during the past three years, the Author has been interrogated on almost every topic; frequently by letter, sometimes orally, and naturally by the subjects themselves while undergoing examination.

This volume is designed and fraternally submitted as a *responsom*, or reply, to such questions as have appeared most important and serviceable to Mankind.

"PENETRALIA" is a Latin term, signifying the inmost or "secret recesses" of a palace, temple, idea, or principle.

Accordant with the spirit of this word, the Author has *penetrated* the hidden and sequestered parts of numerous questions, of the most momentous import to every human mind.

From the spiritual interior—from the *penetralia* of the imperishable Univercoelum—the essence of each answer was derived. Nevertheless, the method is familiar as the ordinary deductions of the intellect.

The Author does not presume to believe that his replies will be either final or gratifying to those who occupy different positions in regard to the several subjects considered. And yet, his spirit is animated with the hope that, to such minds, the following pages may suggest even more than they express, of high thoughts and saving principles.

The motive that actuates the spirit of this "PENETRALIA" is, to cause a *diviner faith to shine in the heart of human nature*.

In order to accomplish this glorious result, it states the questions in a variety of forms, and answers them in plain words and familiar illustrations:

It probes the various departments of human existence, and considers both the ordinary and extraordinary, the sensuous and celestial:

It reaches down to the very foundation of Nature's trifold Temple, and conducts the philosophical reader through pleasurable labyrinths innumerable:

It sweeps the chords of creation, sings the sweet anthemnal song of Eternal Harmony, and awakens aspirations toward Love, Wisdom, and Liberty.

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tendency not to approve or care to associate with things that are different from ourselves. It does not mean, my friends, that we must be where we desire not to be but it does mean that we have the ability and we make the effort to be the person that we truly are without trying to be someone else. We are all individualized souls and, therefore, we all have something to offer to ourselves and to the world. Find out, my good friends, what you are. Then you will know who you are. Thank you.

\*\*\*\*\*

### GET A TRANSFER

Author Unknown

If you are on the Gloomy Line,  
Get a transfer.

If you're inclined to fret and pine,  
Get a transfer.

Get off the track of doubt and gloom,  
Get on the Sunshine Track—there's room—  
Get a transfer.

If you're on the Worry Train,  
Get a transfer.

You must not stay there and complain,  
Get a transfer.

The Cheerful Cars are passing through,  
And there's lots of room for you—  
Get a transfer.

If you're on the Grouchy Track,  
Get a transfer.

Just take a Happy Special back,  
Get a transfer.

Jump on the train and pull the rope,  
That lands you at the station Hope—  
Get a transfer.

## *Student's Corner*



by Barbara Murphy\*

We are very important to the Infinite Intelligence and the Infinite Intelligence cares for us, all our acts and activities, every second of our life — in form and out.

Why don't we acknowledge this wonderful presence and love and give the same love in return? Because we cannot see the light for ourselves; we are blocking the view with our "King Brain." With control and will we would be in oneness with God.

Oneness with God — what that would mean to us! Freedom, yes, freedom from all those ill feelings, thoughts of need, self, and ego-type desires. We would have a feeling of fulfillment of love.

Infinite Intelligence has more than sufficient love for the whole universe. All we must do is return to it to have the freedom from our bondage — bondage of ourselves. This we have programmed in our minds. It does take time to reprogram new and beautiful thoughts, however. In the time we are working on our Brain (Ego) we can give of ourselves by performing selfless service to expand and free our souls and to obtain the joy and happiness of serenity that we wish to have.

\*\*\*\*\*

"Truth makes the face of that person shine who speaks and owns it."

—Robert South

## VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

### CLAIRVOYANCE

#### Its Origin, Powers, and Progressiveness

Blinded by prevailing materialism, and deeply perplexed by the conflicting claims of an incoming Spiritualism, the candid and brave, yet cautious, searcher after pure truth finds himself unable to fix a just valuation upon the natural powers of the human mind. On the materialistic side he beholds man's mental attributes as so many exquisitely refined galvanic forces, or self-conscious currents and throbbing emotions, evolved by the combined action of cerebrum and cerebellum; on the other hand, on the Spiritualistic side, he beholds man's feelings and thoughts as so many manifestations of various superintending intelligences, of spirit and angels more or less perfect, who perpetually originate and feed whatever he may think or feel. The first party consign him to the bottomless pit of oblivion at the moment of death; while the party of the second part, although opening the sky to him on leaving the earth, consign him to a mixed and dubious existence well-nigh unintelligible. The first teaches him that mind is the most perfect fruit—the superlative degree of organization—upon the matter-tree of the universal world; the second teaches him that mind is at best but a medium for the demonstration of disembodied mentalities.

But is there not a third party who should be summoned to yield testimony upon this important question? Of this other group of witnesses the writer is, and from the first has been, a well-known member and illustrator.

Clairvoyance is as certainly a power of the human mind as is memory or consciousness. It is not derived or borrowed; it is innate and natural. That clairvoyance, as to its manifestations, can be simulated, I do not deny; but I do deny the doctrine, with the authority of knowledge, that the real power of vision can be projected by another's will into man's mind. And yet it is true, and this truth is of the first importance in all investigations, that magnetism, or some influence equivalent, is indispensable to its origin and growth. The insistent materialism of the physical body acts like a clog to the feet of the interior spirit. The blinded eyes, behind the bodily organs of vision, must be rubbed and brightened up by magnetism. But once truly opened, once perfectly  
 (Continued on Page 14)

## Visitors Views



"The feeling I am given is one of love, peace and understanding people. I will try to attend again as all is serene."

"I see sincerity and true union with the spiritual consciousness — I am now convinced it is possible for all to attain this." P.

"I enjoy the services very much; words can't explain how I feel."

"Fantastic. Everytime I come it is more fascinating and I leave with so much more than I had hoped for. God Bless You." K. M.

"Great. I will be sure to return and I think it helped me today." L.M.

"Today has been a most decisive one for me. As I entered here I was aware of strong warm friendly positive vibrations. Believe I shall return and become involved. Thank you!" N.J.B.

"This is my second visit to Serenity and I have enjoyed and learned from both times. I feel the precepts taught here have helped me. I enjoy the presentation of the service very much."

"Great — I wish there were more associations like this around California."

"The church is doing a very beautiful service in helping people become more with themselves."

"Nice to have cheerful people. Enjoyed very much." R.S.

"I always learn a lot when I come to Serenity. It's so personal and essential to my growth. I want to thank you for your love and kindness."

"First time I did not want to miss church." R.G.

"Wonderful, very interesting beautiful people, lovely 2 hours; will be back."

"It's right where it's at."

"Excellent." L.H.

"Very good."

## SPIRITUALIST DICTIONARY

### Law of Evidence:

There are many arguments about what constitutes 'evidence', so here is an excerpt from Taylor's *Law of Evidence*: 'None but mathematical proof is susceptible of that high degree of evidence called demonstration, which excludes all possibility of error. In the investigation of matters of fact, such evidence cannot be obtained, and the most that can be said is that there is no reasonable doubt concerning them. The true question, therefore, in trials of fact is not whether it is possible that the testimony may be false, but whether there is sufficient probability of its truth; that is, whether the facts are proved by competent and satisfactory evidence. By *competent evidence* is meant that which the law requires as the fit and appropriate proof in the particular case ....By *satisfactory evidence*, which is sometimes called *sufficient evidence*, is intended that amount of which ordinarily satisfies an unprejudiced mind beyond reasonable doubt. The circumstances which will amount to this degree of proof can never be previously defined. The only legal test of which they are susceptible is their sufficiency to satisfy the mind and conscience of an ordinary man, and so to convince him that he would venture to act upon that conviction in matters of important personal interest.'

The above definition of legal proof makes it clear that the common man is capable of proving for himself.

### Hypnotism:

The modern development of Mesmerism. An artificially induced kind of sleep state, the peculiarity of which is the 'rapport' which can exist between the hypnotist and the subject. A suggestion may be obeyed to a supernormal degree; it may even be delayed to the normal waking state before it takes effect quite independently of the subject's own consciousness. The hypnotic trance can be self-induced in order to attain greater self-confidence or mastery over pain. The mediumistic trance seems to be self-induced, though it may be due to spirit hypnotists. The main difference is the absence of suggestibility in the medium; the person longed for, does not always communicate in accordance with the 'suggestion' of the sitter. Medium's controls exhibit a distinct and consistent personality, far surpassing any hypnotized subject's effort of dramatization.

STUDENTS BECOME  
TEACHERS WHEN THEY  
REMEMBER TO RESPECT  
THE TEACHERS OF  
WHICH THEY ARE  
STUDENTS.

—The Wise One

### *PRAYER FOR SPIRITUAL HEALING*

*I ask the great Unseen Healing Force  
To remove all obstructions  
From my mind and body  
And to restore me to perfect health.  
I ask this in all sincerity and honesty  
And I will do my part.*

*I ask this great Unseen Healing Force  
To help both present and absent ones  
Who are in need of help  
And to restore them to perfect health.  
I put my trust  
In the Love and Power of God.*



## *Healing Hands*

by John Gillespie, Jr.\*

I would like to express my understanding about a form of self-healing. When we are in need of self-healing, we should open ourselves up to God, that Infinite Power, and release our old ways of thinking so that we may broaden our horizons.

When we do this, we will see what our true purpose in life really is.

It is not easy to change the patterns of the past because it is hard to see the fulfillment with the new patterns. These old patterns have been given very much love, which is energy. For this reason, we should redirect this love to something more beneficial. While we do this we should look ahead and see freedom as our goal. Don't look at the obstruction created by the mind. Ask our faculty of reason to guide us to freedom.

As we do this we will see a greater Light than the old patterns ever offered. Look at your goal with faith and observe the past with reason. See your true purpose in life, know the joy of change, and be able to observe creations — ups and downs — without being affected by them and you will be free. Thank you.

\*\*\*\*\*

"I have lived to thank God that all my prayers have not been answered."

—Jean Ingelow

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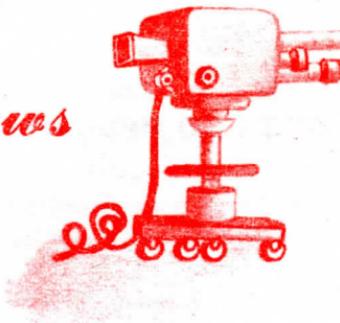
developed through the cloud of brain-matter, they can never again be wholly closed. To the eyes of the inward mind amaurosis is an impossibility; although, by the force of disease or the oppression of circumstances, the exercise of these wondrous eyes may be, and, often is, suspended.

Terrestrial or celestial magnetisms, and sometimes nothing but the refinements of certain attenuating diseases, are required to originate clairvoyance. But when fully established, when it is consciously a part of the mental operations of the mind, and under the control of the will, which stage is the highest attainable in this world, it is a power of most wonderful scope. It has four phases, or, more properly, in different persons it is manifested in from three to five forms. The very highest is telescopic; I mean exactly what I say—telescopic. For example, the sun is supposed to be 92,000,000 of miles from where I now write. Clairvoyance can bring it so near that it can scarcely be seen! Its extreme nearness strikes and blurs the mind's eyes. And yet, these eyes do not see anything of that external sun which is contemplated by astronomers. It was a long time before I had perfectly and practically acquired this essential truth. Everything is seen from its vital points; thence outwardly and successively, until the outmost or matter-forms are fully discerned. Thus clairvoyance is the vision of the natural eyes exactly reversed or inverted. And here it may be remarked that the mistakes and blunders of persons gifted with clairvoyance find in this fundamental fact a complete and all-sufficient explanation.

Here you are invited to read an eloquent and literally true delineation of the state termed the "Superior Condition," written by Dr. S. B. Brittan, who is one of the most comprehensive thinkers and elegant writers in the new school. "When our footsteps have encircled the earth; when we have surveyed all orbs in space and all outward forms of being on their surfaces; and even looked through the last open door in the stellar heavens into the outer darkness beyond, we have yet to penetrate the inner mysteries of being. Then the faculties, by a kind of introversion, begin to open in a new direction. We look inward and reach centward; and at every step the mind is intromitted to a new and more interior sphere of being. The shadows that float in the dim atmosphere of our earthly life gradually disappear; the translucent forms of a superior creation hover about us; and from the loftiest summits of this world, we behold the immortal day-spring!"

(To be continued in next issue)

## *News & Views*



by Duncan Robertson\*

The popularity and publicity of the film "The Exorcist" has brought forth a rash of reports from individuals claiming to be possessed by the Devil. The recent front page and nationwide television coverage of an alleged exorcism by a Catholic priest in Daly City last year, involving a couple and their young child, has drawn sharp criticism from Father Peter Riga of the Theology Department, St. Mary's College, Moraga, California.

Father Riga told me, "The publicity that this thing has been getting, exorcism and the movie "The Exorcist," I think from a theological and a psychological point of view should be examined closely....Theologically, it is not certain that the Devil exists — personally I do not believe in the Devil's existence at all. When you look at history you can see that man is his own devil....Secondly, from a psychological point of view, I think it is disturbing people because it is an escape from freedom — freedom that man has been given by the grace of God, his own free nature — whereby he can determine his own future, his own destiny....I think that we do a disservice to people and to religion by positing this conspiritorial view that the Devil is the cause of all our problems. It's not the Devil that's causing pollution, it's our abuses of various material elements. And, since we created it, we can control it under the reason and grace of God that has been given to us."

Recently, in this column, we reported that a European study of the so-called poltergeist phenomena had revealed that in virtually every case examined, a young child under severe emotional stress had been involved. The Daly City case reportedly centered around a young child.

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Research into acupuncture in the state of California has been given a  
(Continued on Page 17)

## A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue—

Sceptics have doubted and denied the existence of the spirit world, and so the spirit people have been compelled to choose these methods to break through the materialistic incrustations with which we have surrounded ourselves. By and bye, possibly, we shall obtain the open vision and the listening ear, and instead of compelling the spirits to come down to our level we may ascend to their plane of light and 'know as we are known.' But, until then, the outward and visible signs and wonders will still be requisite, and physical demonstrations of 'psychic force,' 'associated with and governed by Intelligence, demonstrably other than that of the mediums and the sitters,' will still be efficacious, as they were with Sir Wm. Crookes and Dr. A. R. Wallace.

### Helpful Sitters

There are many persons who, although they are not particularly mediumistic, possess a peculiar psychical power which is very helpful to young mediums. They are good sitters in a 'developing circle.' They may not do anything, or say much, but their influence is congenial, and sensitives like to sit beside them. These persons are fountains (or reservoirs) of force which the spirits can draw upon, and the medium is thus greatly assisted by their presence.

### Conscious Mediums

Persons of the mediumistic temperament, although they do not have objective evidences of spirit presence, or even the personal experience of spirit influence to the extent of being controlled, may yet be conscious that they are acted upon by, and receive ideas, suggestions, and impressions from outside intelligences. They act and speak 'on the spur of the moment;' they see things 'with the mind's eye;' they are conscious of being impelled—even compelled—to do or say things which apparently bear no relation to what has gone before, and for which, if challenged, they cannot give any satisfactory reason. They simply 'had to do it'.

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\$400,000 boost by the unanimous passage of a bill in the State Assembly. Under the provisions of the bill, the State Board of Medical Examiners would make grants to medical schools to study the ancient oriental practice. The bill has now gone to the State Senate following the 63 to 0 Assembly vote.

\*\*\*

*Color The Real You*, a new book by Alfred W. Munzert and Rebecca L. Howard, Hawthorne Books, Inc., claims that an individual's preference or dislike of particular colors can be a key to his personality and compatibility with others. Using eight basic colors as criteria, the book indexes personality traits. A preference for the color red indicates a person with a craving for action; blue, a calm and conscientious nature; yellow, idealism and imagination; purple, sensitive and observant nature prone to aloofness, though quite tolerant of others; brown, one firmly ingrained in his ways; and preference for green, a balanced nature, probably quite intelligent, though tending to stick to the accepted way rather than being innovative. The book is available in paperback.

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A nationwide poll has indicated that after fifteen years of steady decline in church attendance, the last three years have shown a leveling off. The figures indicate that in a typical week 40% of adults in the United States attend the church of their choice.

\*\*\*\*\*

"Scratch the green rind of a sapling, or wantonly twist it in the soil, and a scarred or crooked oak will tell of the act for centuries to come. So it is with the teachings of youth, which make impressions on the mind and heart that are to last forever."

The highest function of the teacher consists not so much in imparting knowledge as in stimulating the pupil in its love and pursuit.

To know how to suggest is the art of teaching."

—Henri Frederic Amiel

## THE "WHYS" OF SPIRITUALISM

By Edwin B. Morse

4. Why do some departed souls insist upon certain things being true when we know them to be incorrect?

A departed soul, in manifesting its consciousness on earth, uses the vibration gathered from the sitters. In many instances where strange vibrations are blended or used for the first time (as in a public circle) the entity often becomes confused, because it is manifesting through a psychic body composed of various vibrations that may include skepticism, doubt, hate, untruthfulness, disbelief and other similar vibrations, generated by the emotions of the sitters in the circle. Truth and love, which constitutes the highest form of vibrations, can only correctly manifest through its own vibrations.

5. What is transfiguration?

Transfiguration is the changing of the features and physical body of the medium into a very close resemblance of the body the disembodied soul inhabited when on earth. Invariably this type of phenomena is so accurately demonstrated that the identity of the disembodied soul is easily established. Mediumship of this type is desirable because it is beyond the knowledge of man on earth to build and create, something he has never visualized. It would not be possible for a transfiguring medium to previously visualize the features of the great numbers of disembodied souls that manifest their presence in this manner.

6. What is faith healing and how does it operate?

Faith healing is the healing of the physical body through the application of Divine or Spiritual laws. Perfect health is the result of a physical body which, in its final analysis is Spirit, vibrating in perfect harmony and unison with its source. In operating these laws the healer, through prayer and meditation, and with the aid of disembodied souls, raises the lowered vibrations which are causing the illness of the patient.

## THE A. B. C. OF SPIRITUALISM

by B. F. Austin, A.M., D.D.

**52. What are some of the more obvious proofs of the rapid advance of human thought toward Spiritualism?**

1. The great change in pulpit teaching during the last 25 years. Ministers today are not teaching what they did a quarter of a century ago. They are teaching what they did not formerly teach. The changes are all in the direction of Spiritualism.

2. The more liberal attitude of the press. Today many of the leading magazines and many of the leading papers in the largest cities of the land are exploiting Spiritualism by publishing the writings of Sir Arthur Conan Doyle, Mrs. Wilcox, Sir Oliver Lodge, Rev. Robert Wynne of London, England, and other converts to Spiritualism. Spiritualism is getting more unsolicited and free advertising in the press than any other liberal Cult. Christian Science articles are paid for, but the leading editors are exploiting Spiritualism in response to a popular demand.

3. The radical change in the funeral services of today proves that the optimistic and Spiritualistic teaching regarding death has supplanted the gloomy and pessimistic teaching of the past days.

4. The growing demand for Spiritual literature and for seances and sittings with mediums proves that the hearts of the people are turning toward Spiritualism for instruction and comfort.

5. The fact that the leading book publishers of New York City, Boston and other cities, who a few years ago turned down all books upon this subject, are now publishing very many of the most popular books on Spiritualism, is proof that the tide of public sentiment runs strongly toward Spirit Communion.

\*\*\*\*\*

"Learning without thought is labor lost; thought without learning is perilous."

—Confucius

# The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

## Selected Passages:

"I have returned to your dimension by choice; but once having made that choice, the law shall be fulfilled. It has been and is my duty, having made that choice, to share with you our understanding and experience. But, my children, it bears with it a heavy cross and that you have merited as I have merited. Be of good cheer for the cross is not beyond your capacity to endure nor is it beyond mine. But we must be about the work we have to do for the Light must go forth into the world; and it is doing so slow but steady."

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing. Mail order to:

Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

(Continued from Page 16)

### Foreign Controls

It is a common experience for a sensitive, in the early days of his development, to be influenced by foreign spirits and to find himself more or less consciously uttering sounds which, for aught he knows, may be the merest gibberish. There are several reasons for this. One of the most frequent causes will be found in the fear of the medium that he may in any way be a party to deception or even deceive himself. Owing to this feeling he resists all the attempts of the spirit to compel him to speak, lest it should be the result of the operations of his own mind in some unknown and inexplicable fashion, and thus, while he desires development, he renders the efforts of the spirits nugatory by his nervousness. It is, moreover, generally affirmed that Indians are natural Spiritualists, and are, therefore, experienced in such matters. When they reach the other side they are able to exert a more powerful influence upon mediums than the spirit friends and relations of the sitters can do, because they lived a more physically natural life, with fewer strains and drains upon their psychic and vital forces than Europeans are compelled to endure, and are therefore more magnetically positive. Then, too, they have less to unlearn, and are more observant and apt in adjusting themselves to their new environments. Not only so, but a sensitive when under their influence is not able to understand what is being spoken by and through his lips, and does not grow nervous and antagonistic as he would do if English words were being uttered; consequently, he feels that he is not speaking of himself, and allows the influence to proceed—generally with a curious feeling of detachment from himself which awakens a desire to see what will be the outcome.

### Friends and Protectors

Many Indian spirits become true and faithful friends. They act as protectors—'doorkeepers,' so to speak—to their mediums. They do the hard work of development in the circle, and prevent the intrusion of undesirable spirits. Sometimes they are boisterous and exuberant in their operations and manifestations, and, while we do not share the prejudices which are expressed against them, we think it is wise to exercise a restraining influence over their demonstrations. They generally possess strong healing power, and frequently put their mediums through a course of calisthenic exercises.



## Cook Book Capers

by Edie Faubel\*

### BAKED CUSTARD

1 cup milk	1½ Tbsp. sugar
1 egg	1/8 tsp. salt

Flavoring to taste (nutmeg, cinnamon, vanilla or lemon extract)

Heat milk. Beat egg; add sugar and salt. Pour hot milk gradually on egg mixture. Flavor and pour into custard cups (greased). Place in deep pan and pour boiling water around until it reaches well up to the top of the cups. Bake until knife blade comes out clean. If cooked too long or too high temperature, custard will curdle. Time in oven, 30 mintues or more at 325°. Serves 2.

### SPICED NUTS

1 cup brown sugar	1/8 tsp. salt
¼ tsp. mace	½ tsp. cinnamon
4 Tbsp. water, coffee or orange juice	

Mix these ingredients in a saucepan. Boil until a few drops, dropped in a cup of cold water, will form a soft ball which you can pick up in your fingers. Add 1 quart nutmeats. Remove from fire. Stir! Stir! Stir! The syrup dries as it cools, being stirred.

\*\*\*\*\*

Stretch your hamburgers and keep them moist by adding a grated potato.

## INVOCATION

We lift our hearts to the Great Oversoul which ever expresses through this still small voice within, in our desire to be more sensitive to the vibrations of that great world of Spirit. Give us something of the patience of the old oak trees in our endeavors to grow in understanding of basic truth, something of the simplicity of the flowers, in our faith and acceptance of spirit guidance. Give us somewhat of that wonderful power that sweeps the earth in storm and wind; something of the steadiness of the stars that nightly shine and the sun that wanes not. No common care would we neglect, but with faithful performance sanctify every deed and act. So we ask that the wise spirits, who are ever ready to guide and to help even the weakest child of earth, may draw near to us and teach us the way to everlasting peace. Amen.

## SELF-RELIANCE

Trust thyself: The man with greatness of soul is he who in the midst of the crowd keeps with perfect composure the independence of solitude, who under the weight of great misfortunes keeps a serene and equal mind.

If we live truly, we shall see truly and our intellectual and emotional faculties will be more accurately attuned to nature. Let us be strong and refuse to be weak; let us think for ourselves and not be overawed by the so-called ancient authority.

That which each can do best none but Nature can teach him. Do that which is justly assigned to thee, be it great or small, for thou canst not hope too much or dare too much, nor canst thou be abased by faithfully performing small duties.

Being aware of the inherent powers of the soul, man must ever seek to make them dominant in the outward life. To do this, he must be ever true to the inward light which maketh all things plain and shines for the guidance of all the nations.

## BENEDICTION

May the presence of your spirit loved ones ever envelop you with spiritual power, protecting and guiding you always. Amen.



## *Busy Bees*

by Bee Dorbandt\*

Our next dinner-social, February 16th, a very special occasion honoring the 37th birthday of our President and Founder, Richard P. Goodwin, will be held in a South of the Border theme, entitled "February Fiesta," with appropriate decorations and a special Latin American menu. It will be an occasion for all students, friends and members of Serenity to share in the joy of this annual festive event. \*Limited accommodations require early, advance reservations. Call the church office (924-4422) or write Serenity that we may be able to accomodate you and your friends.

We wish to congratulate our own Mrs. Pauline Leonard who has completed the course of study and received her Certification for Mediumship in the Class A category with the National Spiritualist Association of Churches.

The Spiritualist Chapel of Awareness, Vacaville, will celebrate its first birthday on February 10th, with a Pot Luck Dinner after the Sunday Devotional Service. Mrs. Betty Clair, Founder of the church, invites everyone to attend this gala event.

On February 23rd our regular monthly Bake Sale will be held at Red Hill Shopping Center, San Anselmo from 8:30 a.m. to 4:30 p.m. Special tarts, cakes, breads, cookies — the finest home-baked goods and hand-crafted articles will be available on this day.

Registration for our May Awareness Course continues to show an ever-increasing interest in this philosophy class. Readers interested in self-improvement (spirituality) are urged to obtain a copy of the class study book, "THE LIVING LIGHT" and make their reservations at the earliest possible time.

The 1974 Tenth Annual World Forecast, given through the Mediumship of Mr. Goodwin on December 30th, has been printed and is available at the church or at the church office.

## DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*

WHAT WE ENTERTAIN  
IN THOUGHT WE  
EXPERIENCE IN LIFE.

—The Wise One

## BECOMING A SPIRITUALIST

### The Influence of the World of Spirit Upon the World of Today by H. Gordon Burroughs

(Continued from last issue)

As a consequence, we naturally wonder what has become of all those great minds that have lived on earth. We are thinking of the Beethovens, the Wagners, the Washingtons, the Lincolns—those men and women who gave something of value to humanity. Those in the Spirit World tell us that these geniuses live, that the Spirit World is not a world of rest but of activity; that it is a world of progression in which we can pursue those ideals longed for but not achieved in our earth life.

We can conclude, therefore, that great artists, great musicians, great scientists, great statesmen have not ceased the activity in which they were interested, but are continuing their activities since they now have access to all knowledge.

A mighty army of administering angels from the throne of God is now sweeping the length and breadth of the world to eradicate intolerance, bigotry, hate, and war, and is trying to inspire in the heart of every individual, love and the bringing about of the one thing we have prayed for and longed for—a true brotherhood of men where nation shall be forgotten as nation, where country shall be forgotten as country, and where prejudice shall be broken down. In this way, both planes, material and spiritual, would become a united army to carry on the operation of God's infinite plan.

The Spirit World can thus play its part and will finally lead mankind to that state of consciousness where strife cannot be and where God's eternal love every manifests.

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#### EDITOR'S NOTE—

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (\*).



## *Lest We Forget*

Florence S. Becker  
 Rev. C. V. Elbertson  
 Emch Family  
 David W. Fletcher  
 Isa A. Goodwin  
 Esta Graham  
 John Graham  
 Sarah Graham  
 Heidi

Jacques  
 Kamrath Family  
 Mike  
 Donald Parenteau  
 James Pearce  
 Jerome Richards  
 Ralph J. Stewart  
 Tony  
 Zipper

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

COMMUNICATION

by Edwina Mills  
From "Rhapsody on Love"

The heart does not measure distance  
by time or space;  
Spirit touches spirit  
across the miles.

In moments of ecstasy  
comes the awareness,  
A friend though far distant,  
is with us.

What communication is ours!

More rapid than Puck,  
    who put a girdle round the earth  
        in forty minutes;  
More rapid than light  
    the spirit goes forth  
        in love,  
            to embrace the whole world.

The mind does not measure distance  
by time or space;  
Spirit touches spirit  
across Infinity.

In moments of piercing joy  
comes the awareness,  
Departed loved ones  
are with us;  
And our spirit returns with them  
in love,  
to embrace all of heaven.

We live in eternity now!

Submitted by Jessie Robertson



## Poet's Pen

### Woods

#### *The Mountain and the Squirrel*

*The mountain and the squirrel  
Had a quarrel,  
And the former called the latter  
"Little prig;"*

*Bun replied,*

*"You are doubtless very big;  
But all sorts of things and weather  
Must be taken in together  
To make up a year,  
And a sphere.  
And I think it no disgrace  
To occupy my place.  
If I'm not so large as you,  
You are not so small as I,  
And not half so spry:  
I'll not deny you make  
A very pretty squirrel track.  
Talents differ; all is well and wisely put;  
If I cannot carry forests on my back,  
Neither can you crack a nut."*

—Ralph Waldo Emerson

#### *Be Like the Bird*

*Be like the bird, who  
Halting in his flight  
On limb too slight  
Feels it give way beneath him,  
Yet sings  
Knowing he hath wings.*

—Victor Hugo

*Whenever the woods I walk among  
Are very green and very young,  
With leaves a-twinkle on every tree,  
The heart begins to dance in me,  
And my feet to caper from tree to tree  
Over the sun-patched greenery.*

*But when the woods I walk among  
Are very old, with mosses hung  
In thin festoons of tattered gray,  
And the green seems high and far away,  
Oh, then I tiptoe from tree to tree,  
For a hush is on the heart of me.*

—Rachel Field

### *A Garden* (Selected Stanzas)

*A sensitive plant in a garden grew,  
And the young winds fed it  
with silver dew,  
And it opened its fan-like leaves  
to the light,  
and closed them beneath  
the kisses of night.*

*And the Spring arose on the garden fair,  
And the Spirit of Love fell everywhere;  
And each flower and herb on Earth's  
dark breast  
Rose from the dreams  
of its wintry nest.*

—Percy Bysshe Shelley

## FABLES FOR YOUNG AND OLD

### THE DOG AND THE WOLF

On a warm moonlit night a half-starved Wolf was prowling the country side when he met a Dog. On observing how fat and healthy the Dog looked, the Wolf asked him how he managed to live so well.

"Oh, it's simple," said the Dog. "I'm a watchdog at a farmhouse near here. My master feeds me three meals a day and the lady of the house gives me plenty of scraps from the kitchen."

"That sounds like a good life!" said the Wolf.

"Oh, it is!" the Dog assured him. "Your problem is that you're much too independent."

"Perhaps you're right," said the Wolf. "Do you think I could stay at the farmhouse?"

"I'm sure of it!" said the Dog.

So the two trotted off toward the farmhouse. But the Wolf suddenly noticed an ugly scar on the Dog's neck.

"What happened to your neck?" he asked.

"Oh, that?" said the Dog. "That's just where my collar rubs me when I pull the chain too tight."

"Chain?" shouted the Wolf. "You didn't say anything about a chain!"

"It's only in the daytime," the Dog explained. "They chain me up so I won't frighten the neighbors. But they let me run free at night."

"I'm not going to be chained up for anyone — day or night!" said the Wolf. "I want to be able to come and go as I please. Besides, I'd rather be free than fat any day!" And the Wolf walked away free and happy.

—Loss of Freedom is Too High a Price to Pay for Security—



## *Serenity Books*

### SPIRITUALISM AND RELATED SUBJECTS

#### "INCIDENTS IN MY LIFE"

by Daniel D. Home ..... \$8.35

#### "SPIRITUAL HEALING"

by Holmes, Stromberg, Sabine and Worrall ..... \$1.59

#### "THE BEGINNINGS OF SEERSHIP"

by Vincent N. Turvey ..... \$5.20

#### "HANDBOOK TO HIGHER CONSCIOUSNESS"

by Ken Keyes, Jr. ..... \$2.12

#### "ON THE EDGE OF THE ETHERIC"

by Arthur Findlay ..... \$3.65

#### "MAGIC AND MYSTERY IN TIBET"

by Alexandra David-Neel ..... \$7.90

#### "IN TUNE WITH THE INFINITE"

by Ralph Waldo Trine ..... \$2.12

Book lists available on request. Make check or money order payable to:  
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## EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

**QUESTION:** "Recently, while receiving instruction upon inspiration, the Spirit said: 'The man that leans on the Magic Staff is inspired to reveal wisdom; he possesses the receptive or open condition through which the light of inspiration speaks—electric force made visible to spiritual vision in the form of light.' We asked if he was controlled by Spirits, and it was answered: 'Spirit intelligence, but not control of Spirits—universal intelligence diffused through matter. The receptive condition is one that gathers from electric forces in light positive, which causes the intelligence to culminate at the focus of electric light.' What do you think of this?"

**ANSWER:** It is hard to elucidate an impersonal reality to the personal powers of thought, and we do not, consequently, much expect to succeed in translating the foregoing into plainer propositions.

Knowledge derived from impressive contact with "universal intelligence diffused through matter," bears upon men's judgments with all the mystery of a supernatural revelation, simply because most minds do not realize any connection with "the focus of electric light," which means the fountain of impersonal principles within man's Spiritual constitution.

What is true in man is equally true out of, and beyond him. If one human mind is consciously a "focus of electric light," is intuitively or instinctively and spontaneously in rapport with the impersonal principles of divine "intelligence diffused through matter," (to which the human spirit owes its essence and entiry,) why may not every other mind, one of these days, awaken to the same sense of fullness and to a sweet communal identity with the principles of its own constitution?

When this condition is attained, the person's interiors are at once and naturally opened to that sphere "through which the light of inspiration speaks." It is, in short, the unity of the Spirit's inmost life with the principles of Divine Love and Wisdom, by which principles each man liveth, loveth, and hath his being. This condition of oneness between man's spirit and the spirit of Nature, we hold to be possible to every human being. It is the holiest communion with Mother Nature and Father God.

(Continued from Page 5)

## THE PHILOSOPHY OF QUESTIONS AND ANSWERS

Politically and theologically, the human mind is in bondage; but constitutionally and spiritually, it is free as Deity. Its thoughts, regardless of the barriers of time and space, fly on swiftest pinions everywhere. Everlasting mountains, though piled up and lost in clouds, are but play-grounds. Thoughts, in good minds, are angels. The mind, fearfully and wonderfully made, composes itself in harmony; and, like a demigod, commissions its Thoughts to do the out-door work. By sober reflection, who can trace the rovings of Thought? Thoughts, the mind's children, play in Nature's fields. On eager wing, they fly down the long ages gone, perch themselves on the beginnings of life, and answer questions as by the breathings of intuition. The varied journeyings of these angels are hard to trace. Like birds of another sphere, endowed with functions of fleetest motion, men's Thoughts revel amid stars, and play fearlessly with shining hosts, where, one would say, only highest seraphs dare to tread. Meanwhile the mind, clothed with the physical vesture, sits in judgment upon the tales of Thought — pronouncing them "good" or "evil" by an inward law of Justice eternal. In great and good minds, all thoughts are harmonious and meek; but the thoughts of small minds fret and strut, like puppets in a showman's box.

Taking the risk of shocking your experience, I begin with the affirmation, that the human mind is possessed of no power or function to conceive or suppose things and ideas which do not essentially exist. I do not believe that man can fancy impossibilities. Every human thought begins in the essence of truth. And yet, on either side of this mighty river of currental truth, you will find the noxious weeds of diminution or of exaggeration. In all inferior stages of human growth, you will observe persons born with proclivities either for diminishing or else for exaggerating things, which produce ideas. Diminishers are called skeptics; the exaggerators, idealists. The former dwell in facts; the latter in principles. Those unjustly termed "skeptics" believe only in the Finite—in things cognizable by means of the senses; while believers are skeptics in matters of fact, and concern themselves only with the Infinite—in ideas of the illimitable and boundless. Error so called is to be found, in large or infinitessimal proportions, on these two sides of Life. Each mind starts from the central depot, and rides to directly opposite extremities of the Universe.

(To be continued in next issue)

(Continued from Page 5)

## THE PHILOSOPHY OF QUESTIONS AND ANSWERS

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